20th Anniversary Souvenir

One Man's Family

Mother Barbour's

FAVORITE RECIPES

Men are the reason for ANY recipe book. Don't let anyone tell you differently. These are MY menfolk. Taken 1941.

20th Anniversary Souvenir

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FAVORITE RECIPES

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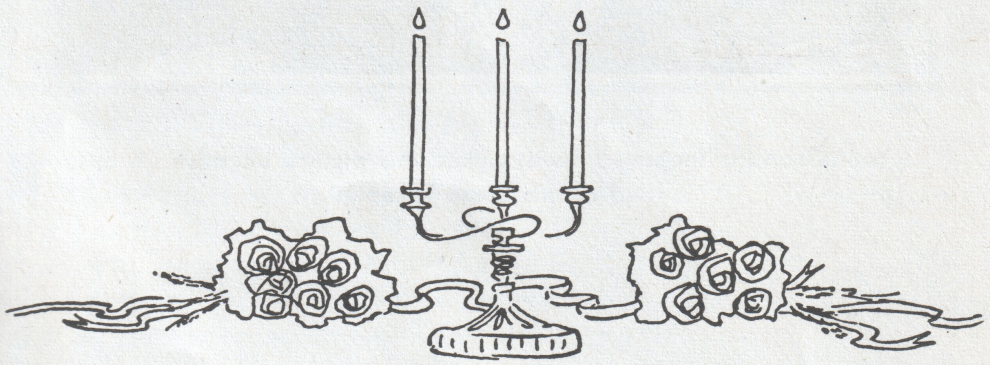
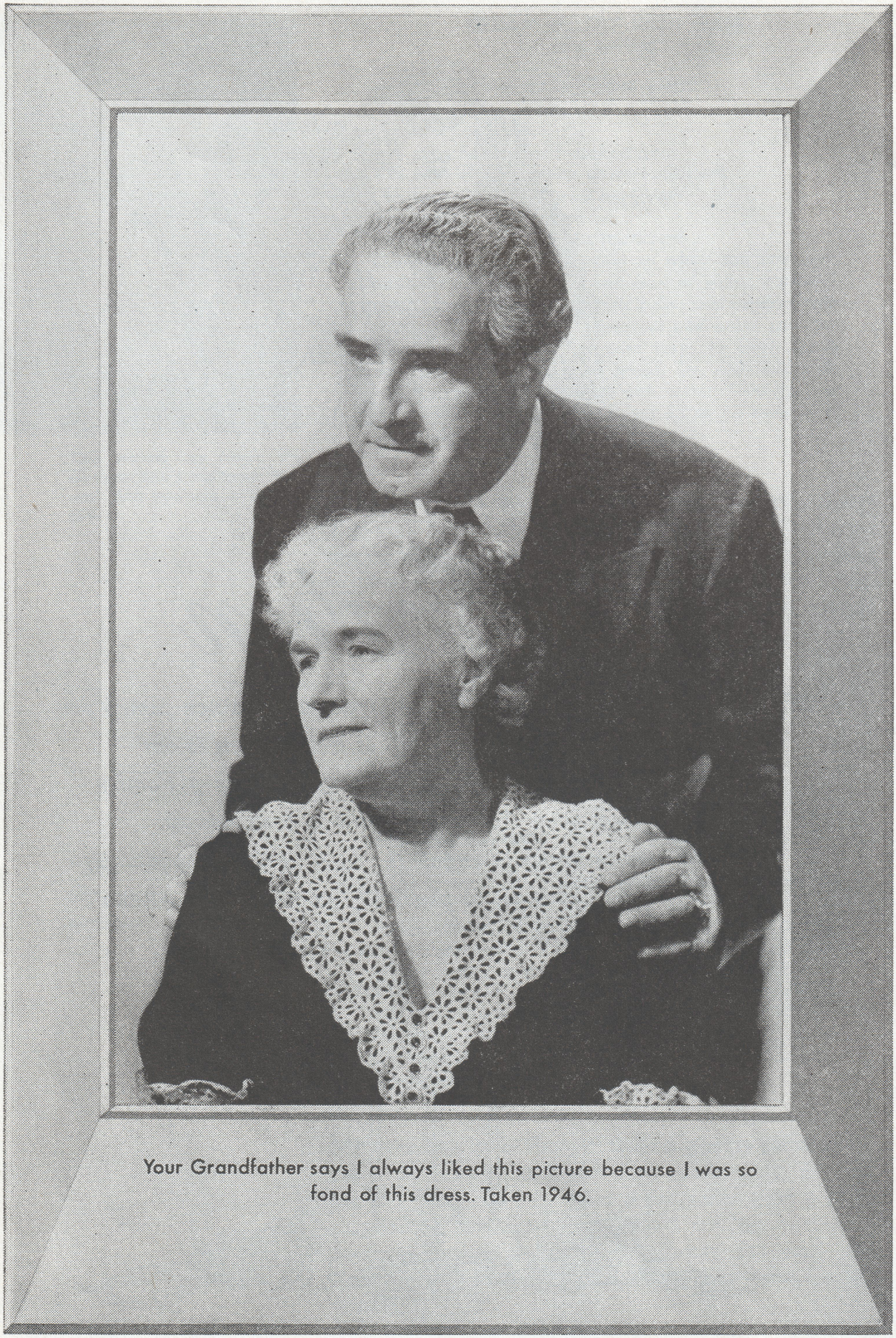
Dedication

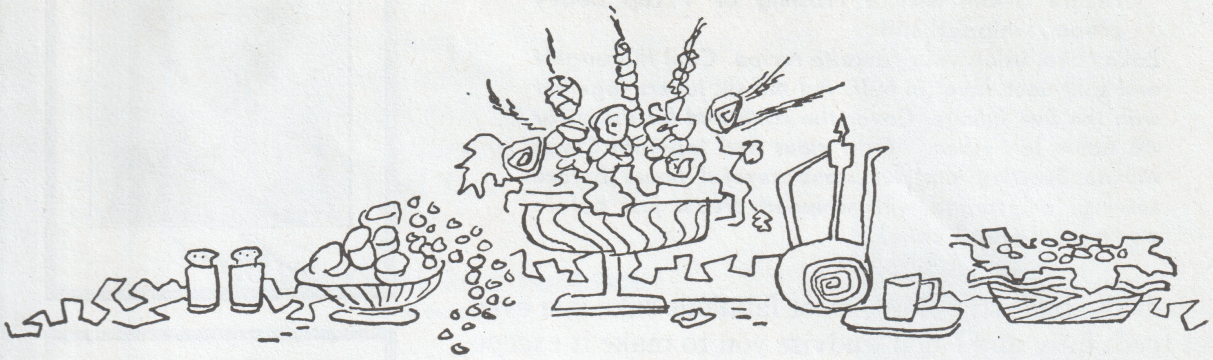
My Dear Joan, this book is dedicated to you and the new family you are beginning; in a larger sense it is a dedication to our American Way of Life. You as a Parent, you as a Family Unit, represent what America is going to be tomorrow. To feed a man is an inspiring work, but to feed him spiritually and morally as well as physically is ALL of a woman's work. Your Grandmother,

Fanny Barbour





Your Grandfather says I always liked this picture because I was so fond of this dress. Taken 1946.



Introduction

April, 1952 marks the Twentieth Anniversary of One Man's Family which in the realm of Radio Broadcasting is something of a record in itself. Perhaps even more impressive is the fact that of the original Family Cast we still have with us Mr. J. Anthony Smythe, who has portrayed the Character of Father Barbour with such warmth and vigor; Minetta Ellen, our beloved Mother Barbour; Michael Raffetto, the one and only Paul; Bernice Berwin, the steady young mother, Hazel, and Page Gilman who began as a boy of fourteen and now as Jack, the man, is the father of six beautiful daughters. These people I prize and love! They have made One Man's Family a great American institution by their devotion over the many years. As you all know Barton Yarborough was another member of this original family. As Clifford he was loved by all. His death just before Christmas was an irreparable loss. To all these people and the others of the cast who today help to make the show what it is, I take off my hat. I have one more word to say about One Man's Family, but first, because this after all is a book of recipes, I want to give you "One Man's Family's Twentieth Anniversary Souvenir Cake" Recipe.

Paul

ONE MAN'S FAMILY'S TWENTIETH ANNIVERSARY SOUVENIR CAKE RECIPE

3 9-inch yellow or white cake layers, 1 inch thick
½ cup each green lime preserves or orange marma-

One Man's Family's Twentieth Anniversary Souvenir Cake Recipe, Continued

lade, guava jelly, raspberry jam, guava preserves or fig jam, and strawberry jam

1 recipe Seven Minute Frosting or 1 cup heavy cream, whipped stiff

Bake cake, using your favorite recipe. Cool thoroughly and split each layer in half. Put the six layers together with the five fillings. Cover the cake and let stand for 48 hours to "ripen." Frost sides and top with Seven Minute Frosting and let stand several hours before serving; or, spread with whipped cream just before serving. (Makes 1 cake)

It is the biggest, richest, most fabulous cake you ever set teeth into, and I don't advise you to make it except on some spectacular occasion when you want to impress a lot of people.

And now, about One Man's Family at the end of twenty years with the American Public: The Barbours have attempted to present the virtues, and weaknesses of the average American family. You, our public, have sensed this, I believe, and that has been our strength. You realize it is the average American home, where the great moral battles are fought and good citizens are made. It is the Family which, in the end, fixes the spiritual and physical standards for the American nation. The Family is the greatest single unit; the one indispensable unit in the machinery of the nation. So it is quite understandable that, in our attempt to present the Saga of the American Family, we have come very close to the hearts of millions of you. I suspect that all of you believe with me that despite outside turmoil and strifes and pressures, the American Family must and will remain a solid foundation of good. It will somehow from generation to generation renew itself, to remain a straight, clean, untarnished, silver shaft upon a high mountain, guiding the destiny of this Nation. And so long as the American Family remains unscathed this nation cannot and will not drift very far or for very long from the basic honesty and integrity and faith taught our children within the shelter of family life.

Carlton E. Morse

Hazel

Clifford

Claudia

Jack

Mother Barbour's FAVORITE RECIPES

Dear Granddaughter, Joan: When I married your Grandfather, Henry Wilson Barbour in San Francisco in 1896 I was just eighteen years old and my Mother and Father said to me, "Fanny Martin, why in the world do you want to marry a sixteen dollar a week bank clerk when you could have either that rising young attorney, Glenn Hunter or young Doctor Fred Thompson?"

Well, I didn't want Fred Thompson because he forever smelled of anaesthetic—for an eighteen-year-old girl that was a good reason for not being in love. And every girl in San Francisco knew that Glenn Hunter might be rising in the Legal World but he also had a roving eye.

So I married your Grandfather and now looking back over fifty-six years of married life I can't help thinking how astute a girl sometimes can be in arranging her own future. Before I had definitely announced my decision however, Fred and Glenn and your Grandfather, all good friends, were invariably Wednesday and Sunday evening visitors at the Martin home. On Wednesday nights Mother often gave the boys her famous Minestrone. I didn't know why then, but I do NOW. It was comparatively inexpensive and wonderfully tasty and filling for three young men with hearty appetites.

GREAT GRANDMOTHER MARTIN'S MINESTRONE SOUP
(Makes approximately 3 quarts soup)

½ cup navy beans
½ cup peas
1 cup finely diced carrots
½ cup finely diced turnip
1½ cups finely shredded cabbage
2½ quarts water (approximately)
3 teaspoons salt
1 teaspoon oregano
3 tablespoons butter or margarine
1 medium onion, sliced

Judge Hunter on the left and Dr. Thompson on the right. I still think I married the handsomest of the three.

Do you remember this picture of Hank, Margaret and Pinky with your Aunt Hazel? Goodness this was taken ten years ago.

¼ lb. salt pork, diced very fine
2 cups fresh or canned tomatoes
½ cup finely chopped celery
¼ cup minced parsley
1 large clove garlic, minced
4 oz. spaghetti

Soak beans overnight and drain. Combine beans, peas, carrots, turnip and cabbage in soup kettle. Add water, salt and oregano (water should cover vegetables). Bring to boiling point and simmer for 4 hours, adding water if necessary to keep vegetables covered. Meanwhile heat butter or margarine in frying pan. Add onion and salt pork and cook slowly until browned. Add tomatoes, celery, parsley and garlic. Add tomato mixture to vegetables and cook for remainder of the 4 hours. Add spaghetti, broken in 3-inch pieces. Bring to a boil and cook 30 minutes longer.

"A wonderful meat substitute for a large family."

In the years since our marriage your Grandfather went from bank clerk to a small building and loan business of his own on Sansome Street, and then to his own Stock and Bond Business on Montgomery Street. Out of the Bond business he built both a financial success and a prominent place in San Francisco for himself and his family. Strangely enough, neither Glenn, now Judge Glenn Hunter, nor Dr. Fred Thompson, ever married. Fred has been our Family physician from the birth of Paul and has not only brought all MY five children into the world but has officiated at the births of my thirteen grandchildren. I hope he will attend you Joan, when my first Great Grandchild arrives. Even now when Fred and Glenn come to dinner, one or the other is sure to ask whether there will be Scalloped Salmon, my Mother's Sunday Night Specialty in the old days. This is how it's done:

MARY LOU at age of six, taken two years ago.

SCALLOPED SALMON

(5–6 servings)

1 tall can red salmon
2 cups sliced onion
Milk (approximately 1 cup)
¼ cup butter or margarine
½ cup flour
½ teaspoon salt
⅔ cup fine cracker crumbs
(not cracker meal)

Drain salmon, saving liquid. Turn salmon into a bowl and mash thoroughly. Slice onions into saucepan, barely cover with water, and simmer until onions are soft. Drain, measure water, and discard onions. To the onion water, add salmon liquid and enough milk to make 2½ cups. Melt butter or margarine, blend in flour, and add liquid; cook until thickened, stirring constantly. (Sauce should be very thick.) Grease 1-quart casserole and pour in ⅓ of the white sauce. Cover

Janie, Jack and Betty's second daughter, at seven. She's nine now.

Scalloped Salmon, Continued

with ⅓ of the cracker crumbs. Add a layer of half the salmon. Repeat, making one more layer of salmon, and two layers each of the white sauce and cracker crumbs. Bake at 375°F. (moderate oven) about 45 minutes. Top each serving with a teaspoon of butter and serve with lemon wedges.

From the very first day of our marriage it became apparent that your Grandfather was NEVER going to be any good in the kitchen. If left to himself he ate cold bread and milk and for dessert bread and butter spread thick with applesauce and covered with rich cream, providing of course, there was applesauce in the ice box. However, just before Paul was born; that was in 1897, I knew the man would starve to death if left to his own devices for the ten days or two weeks I would be in the Hospital. He was just getting started in the building and loan business and very often every cent of his sixteen dollars a week income was spent before it was earned. So your Grandfather just HAD to make out at home while I was away having Paul. So I taught him how to make what I called "Our Sunday Night Clam Chowder" and I swear that man ate Clam Chowder three times a day for sixteen days, until I was back in the kitchen. The fact that he STILL likes Clam Chowder on Sunday evenings testifies to the goodness of this recipe.

OUR SUNDAY NIGHT CLAM CHOWDER

(Makes 1½ quarts soup)

1 cup finely diced onion
2 cups finely cubed raw potato
1 cup water
3 slices bacon, diced
¾ teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter or margarine
3 cups milk
2 6½-oz. cans minced clams (preferably Razor clams)

Cook onions and potatoes in water until soft. Mash. Cook bacon until crisp and drain off all but two tablespoons of the bacon drippings. Add bacon and the two tablespoons of fat to mashed vegetables. Add remaining ingredients and heat to serving temperature.

Elizabeth Sharon Ann, taken two years ago. Jack and Betty better get some new pictures taken.

It was just the turn of the century and Paul was about three years old and Hazel was on the way. Your Grandfather had just got a precarious toehold in Stocks and Bonds on Montgomery Street, when Paul began to show signs of a touchy stomach. I'm sure now it was nothing important because he outgrew it in a year or so,

Your grandfather's and my Thirtieth Wedding Anniversary.

but added to his upsets, and the fact Hazel was making ME a little squeamish sometimes, what should happen but your Grandfather developed nervous indigestion because of business ups and downs. Well, out of our combined stomach 'delicacy' I hit upon a dish that suited everyone. And I might add in the past fifty years since then, we've never waited for a 'weak stomach' to come along to revive the dish. It's good anytime for any kind of stomach. It's called Cream Chicken Soup Souffle and let me recommend it.

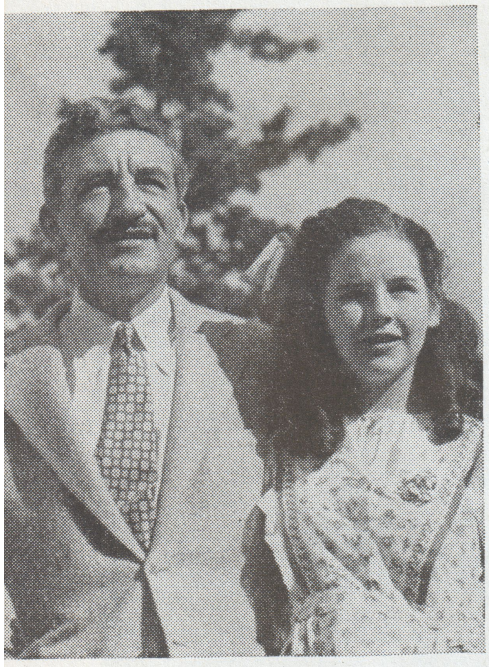
CREAM OF CHICKEN SOUP SOUFFLE

(4–5 servings)

3 tablespoons flour
1 can cream of chicken soup
3 eggs, separated

Blend flour to smooth paste with a small amount of the undiluted soup in saucepan. Stir in remaining soup and cook until thickened, stirring constantly. Beat egg yolks and slowly stir in the hot soup mixture. Beat egg whites until stiff and fold into hot mixture. Turn into greased 1½-quart casserole and bake at 350°F. (moderate oven) for 1 hour or until golden brown. Serve immediately.

We were living in a tiny house on Ellis Street near Leavenworth when Paul was born. Our fortune began to improve as the Montgomery Street business began to grow, so your Grandfather moved us out into the new Filmore district. Now we had a kitchen, dining



My goodness we miss Paul over there in Japan. This picture with you, Joan, was taken back in 1947.

room, parlor and TWO BEDROOMS. But we were still watching the Grocery bill and that meant a minimum of meat. Right now I'd like to tell a lot of Modern Cooks, if they really want to excel in the kitchen, this is a good time to do it with meat prices out of sight. A woman who can put a tasty meal on the table, a meal that satisfies every appetite WITHOUT the aid of meat, is a REAL cook. I learned some wonderful vegetable recipes during that period and I think this is the place for three or four of them. First, two tomato recipes:

DEVILED TOMATOES
(4–5 servings)

3 large ripe but firm tomatoes
½ cup flour
½ cup butter or margarine
1 egg
1 teaspoon dry mustard
2 tablespoons confectioners' sugar
¼ teaspoon salt
Dash of red pepper
2 tablespoons vinegar
1 hard-cooked egg yolk, mashed fine

Wash tomatoes, slice ½ inch thick and dip in flour. Fry until golden brown in ¼ cup of the butter or margarine. Meanwhile, melt remaining butter or margarine in top of double boiler. Beat egg well with rest of ingredients and add to melted butter or margarine. Cook over boiling water until thickened, stirring constantly. Remove from heat immediately and serve over fried tomato slices.

This second Tomato recipe is tasty and zestful and was a favorite in the very early San Francisco restaurants. The first generation after the gold rush was in its prime and was spending their pioneer fathers' hard-earned gold with a devil-may-care gesture.

TOMATOES A L'ECHALOTE
(4–5 servings)

¼ cup salad oil
1 tablespoon vinegar
(preferably red wine vinegar)
1½ teaspoons salt
3 shallots, minced
¼ cup finely chopped parsley
6 large ripe tomatoes

Combine oil, vinegar and salt. Beat well or shake in a covered jar until well blended. Stir in shallots and parsley. Peel and slice tomatoes and arrange in layers in a large shallow bowl, with dressing between layers and over top of tomatoes. Chill well before serving.

This following Braised Leek recipe I got from an old

Italian woman while we were still living on Ellis Street. Even then San Francisco's 'Little Italy' was developing, except at that time the Italian immigrants were all over the city, and had not yet concentrated at the foot of Telegraph Hill. Some forty years later this was to become the favorite vegetable dish of Daniel Murray, destined to marry your Aunt Hazel.

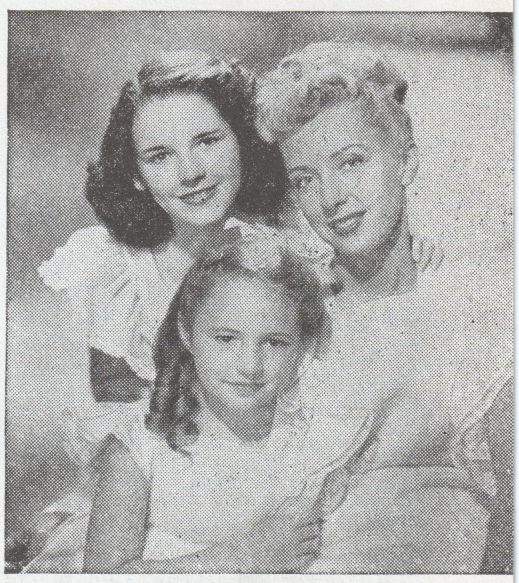
BRAISED LEEKS
(4–6 servings)

"Unusual enough to impress Dinner guests."

1 medium-sized onion, finely minced
2 tablespoons butter or margarine
12 leeks
2 bouillon cubes
2 cups boiling water
Dash of pepper
1 tablespoon finely minced parsley

Saute onion in butter or margarine. Clean the leeks and remove roots and wilted green leaves. Place in frying pan with onion. Dissolve bouillon cubes in boiling water and pour over leeks. Add pepper and parsley. Simmer uncovered about 40 minutes or until stock is evaporated and leeks tender. Serve hot as a vegetable or cold as a salad.

The last of the 1900 and 1901 vegetable recipes I'm going to give is Eggplant Benedict. Actually Eggplant was a vegetable luxury in San Francisco. The only place we could get it was across the bay in Marin County. There on the edge of Sausalito, an old Chinese gardener had eggplants, mushrooms, artichokes and other exotic foodstuffs which he was furnishing to the Gourmet restaurants in San Francisco such as the Old Palace Hotel, the Fly Trap, The Hauf Brau and Coppas. Anyway, here's Eggplant Benedict.



I've always treasured this picture of Claudia and you, Joan, and your sister Penelope. Taken in 1946.

EGGPLANT BENEDICT
(4–6 servings, depending on size of eggplant)

1 medium-sized eggplant
½ cup flour
3 tablespoons butter or margarine
1 lb. ham, sliced ¼-inch thick
4 to 6 poached eggs
½ cup Hollandaise Sauce, or
1 cup Italian tomato sauce

Cut eggplant into slices about ⅓ inch thick. Remove peel. Dip in flour and fry in butter or margarine until well browned. Arrange on serving plates. Meanwhile, cut sliced ham into pieces the size of the eggplant slices. Fry or broil until tender. Place a slice of ham on each slice of eggplant. Top each serving with a hot poached egg. Cover with Hollandaise or tomato sauce.

"Learn to make your own Hollandaise now, Joan! You will be glad you learned the trick many times."

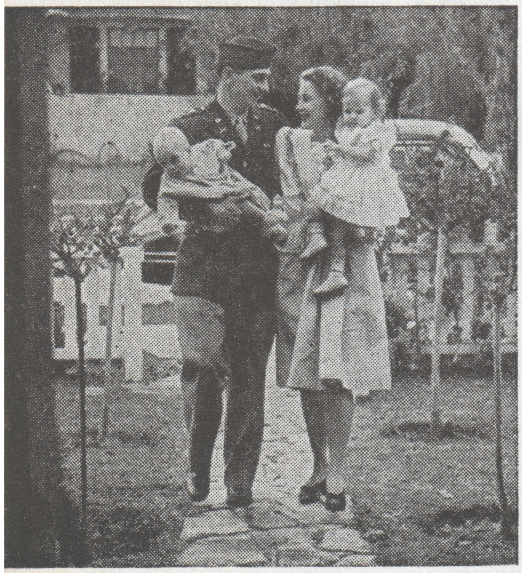
HOLLANDAISE SAUCE
for Eggplant Benedict

¼ cup butter or margarine, melted
2 egg yolks
⅛ teaspoon salt
Dash of cayenne pepper
⅓ cup boiling water
1 tablespoon lemon juice

Melt butter or margarine over hot water. Remove from hot water and stir in egg yolks, one at a time, until thoroughly blended. Add salt and cayenne and gradually, while stirring, the boiling water. Place again over hot (not boiling) water and stir constantly until thickened. Remove immediately from heat and stir in lemon juice.

Well, from 1900 to 1912 I was a busy, happy housewife thinking that Paul and Hazel were the entire Barbour progeny. Your Grandfather was engrossed in pursuing his Stock and Bond business to the top, and it was about this time that we moved from the Filmore district out beyond Golden Gate Park to a new development that still didn't have a name, but later became St. Francis Woods. We now had a Rambler automobile and whether your Grandfather got home at six o'clock in the evening or midnight depended on whether the cranky old thing would run. Then one day in mid 1911 I went to see Doctor Thompson and he said it looked suspiciously like we were to be parents again. That's when your Grandfather started calling Fred 'an old Pill peddler' and he's never stopped to this day. However, Fred was RIGHT. But before I get to the 'new additions' to the family, let me give you several exceptional recipes I had added to my list. Two of them were desserts, although I must say that neither Paul nor Hazel, in their grammar school days, ever found it necessary to wait until dessert to eat my lemon tarts. This recipe, I think, is one of the high marks in my career as a family cook.

The Day Jack came home from the Pacific in 1946. What a day for celebration THAT was. Betty has Elizabeth Sharon Ann and Jack has Janie. I think I was taking care of Mary Lou that day.



LEMON BUTTER TARTS
(Makes 32 tarts)

Pastry:
1½ cups sifted all-purpose flour
¼ teaspoon baking powder

Lemon Butter Tarts, Continued

¼ teaspoon salt
⅓ cup shortening
5 tablespoons ice water

Lemon Butter:

1½ tablespoons butter or margarine
1 cup sugar
⅓ cup lemon juice
Grated rind of 1 lemon
3 eggs, well beaten

Pastry: *Sift flour with baking powder and salt. Cut in shortening; gradually add ice water. Blend until dough just holds together; then form into a ball. Divide in two parts and roll out ⅛ inch thick. Cut with 2½-inch cookie cutter and place on ungreased baking sheet. Bake at 450°F. (hot oven) for 12 to 15 minutes. Cool and spread about 1 teaspoon Lemon Butter on each.* Lemon Butter: *Cut butter or margarine into sugar with a pastry blender or fork. Add lemon juice, rind and eggs. Cook over boiling water until thick, stirring constantly. Cool and place in refrigerator until thoroughly chilled before spreading on pastry rounds.*

"Mary Lou calls these tarts 'little suns in crusts.'"

My other dessert was a variety of Ribbon Cake with a Raisin filling and a Lemon Icing. I won first prize at the County Fair my very first try, and won blue ribbons three times at the State Fair in Sacramento. They called it a State Fair but compared to the huge yearly State Fair of today I'm afraid it was actually a small-town carnival. Everyone liked Ribbon Cake, the family liked it, the Ladies Aid of the Filmore Presbyterian Church included it in ALL their Church suppers, and on the strength of a SECOND large wedge of it, Judge Hunter stated in public that should I ever tire of your Grandfather, he would not only marry me but take over all the fatherly duties toward my children. That's one of the few times I've seen your Grandfather jealous. He was grumpy all the rest of the evening and that night after we were in bed and the lights were out he held me in his arms for over an hour telling me what a poor husband he was but how much he loved me . . . so you can see for yourself why I prize this recipe.

Clifford with his and Ann's son, Andy, taken in 1939 when Andy was just nine months old.

"MIX-EASY" RIBBON CAKE
(Makes 1 cake)

2 cups sifted cake flour
2 teaspoons baking powder
¾ teaspoon salt
1¼ cups sugar
½ cup shortening (emulsifier type)
1 teaspoon vanilla
2 eggs, unbeaten
¾ cup milk
1½ tablespoons molasses
¼ teaspoon cinnamon

My goodness, this was taken way back in 1932 when the Barbour family was only your Grandfather and me and our five sons and daughters.

And now twenty years later here you are, Joan, about to present us with a Great grandchild.

And Teddy, now an Army nurse in Japan! This was when she was fifteen. Seven years after Paul adopted her.

"Mix-Easy" Ribbon Cake, Continued

⅛ teaspoon cloves
⅛ teaspoon nutmeg
Raisin Filling:
1 tablespoon cornstarch
⅓ cup sugar
Dash salt
½ cup raisins, chopped fine
1 teaspoon lemon juice
⅔ cup water
¼ teaspoon grated lemon rind
1 teaspoon butter

Have ingredients at room temperature. Grease two 8-inch layer pans and line with waxed paper. Sift flour with baking powder, salt and sugar. Add shortening. Add vanilla, eggs and ½ cup of milk. Mix until flour is dampened, then beat by hand (150 strokes per minute) or on medium speed of electric mixer for 1 minute. Scrape bowl and beater frequently. Add remaining liquid, blend, and beat 2 minutes longer. Pour half of batter into one layer pan. To remaining batter add molasses and spices, mixing just enough to blend; turn into second pan. Bake at 375°F. (moderate oven) for 25 minutes. Cool. Then spread raisin filling between layers and lemon icing on top of cake. Filling: *Combine cornstarch, sugar, salt, raisins, lemon juice and rind, and water; mix well. Cook over low heat, stirring constantly, until thick and clear. Stir in butter. Cool before filling cake.*

LEMON ICING

½ teaspoon grated lemon rind
1 tablespoon butter or margarine
1 cup sifted confectioners' sugar

Margaret and her grandfather in the garden. Taken 1944.

Lemon Icing, Continued

Dash salt
2 teaspoons lemon juice
1 teaspoon water

Cream lemon rind with butter or margarine. Add remaining ingredients and beat until smooth and of spreading consistency.

This picture of your Uncle Dan Murray was taken by Hazel just before he began traveling about the country on his furniture business trips.

We've always been fond of fish at the Barbours. Not just fish for fish sake, but because it lends itself so well to sauces and seasonings of mildness and delicacy. Also fish and the substances which go with fish are excellent for young stomachs. So I added a Halibut in White Sauce to our menu in that twelve-year period. In fact, I think this recipe came into my hands within a few weeks after I learned that we were going to add ANOTHER member to the family. I had given Hazel's baby clothes, baby buggy, etc. away long ago and was making a layette for our new addition while visiting a family friend, Mrs. Eva Pattison, who was making a layette for her own baby. When she started to prepare her evening meal and it smelled so wonderful I mentioned it, and that's where this recipe came from.

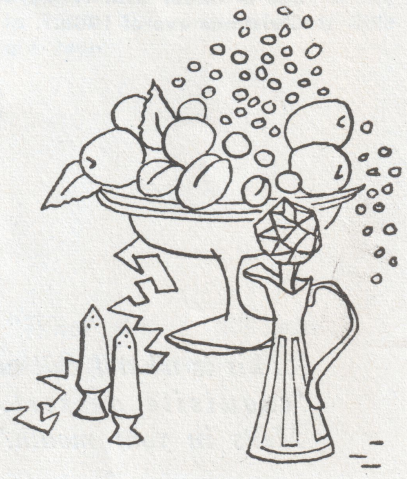
HALIBUT IN ONION WHITE SAUCE

(5–6 servings)

1½ lbs. halibut (in one piece)
1 teaspoon salt
⅛ teaspoon pepper
2 cups hot water (approximately)
1½ cups finely diced onion
1 cup water
1 cup milk
¼ cup butter or margarine
¼ cup flour
½ teaspoon salt
Dash of pepper
4 or 5 boiled potatoes
2 tablespoons chopped parsley

Place halibut in well-greased baking dish. Sprinkle with salt and pepper. Pour hot water about ½ inch deep around fish. Place in oven and bake, uncovered, at 350°F. (moderate oven) about 45 minutes or until fish is tender. Meanwhile, cook onions in water until tender. Add milk. Melt butter or margarine. Stir in flour, salt and pepper. Add onion and milk mixture gradually and cook until thick, stirring constantly. Keep hot over hot water. To serve, place fish on platter surrounded with hot boiled potatoes. Pour hot onion white sauce over all. Sprinkle with parsley.

"A real gourmet fish dish."



Still a fourth dish of this period came from the family's great liking for unusual vegetable dishes. Actually, your Uncle Paul, then eleven years old, ferreted it out. He had had dinner with a school friend and came home

talking about 'Glorified Beans.' "Mama, why don't YOU ever make Glorified Beans?" "Hey Mom, how about some Glorified Beans tonight?" And on and on, until I finally went over to the home of the boy whose Mother made 'Glorified Beans' and asked her, "For Heavens Sake—give me the recipe." She was very kind and did so and I must say Paul's insistence was justified.

GLORIFIED BEANS
(8–10 servings)

3 medium onions, sliced very thin
1 clove garlic, cut fine
3 tablespoons salad oil
1 1-lb. 14-oz., or 2 1-lb. cans pork and beans (without tomato)
1 8-oz. can tomato sauce
1 teaspoon Worcestershire sauce
1 tablespoon chili powder
1 tablespoon sugar
⅛ teaspoon salt
10 cooked prunes, cut small
¼ lb. sliced sharp American cheese

Fry onions and garlic in oil until light golden brown, stirring frequently. Combine remaining ingredients, except cheese, and add the fried onions and garlic. Turn into a 2-quart casserole. Lay slices of cheese on top of beans. Cover casserole. Bake at 350°F. (moderate oven) for 1 hour.

Pinky and you, Joan, at the age of three, with Teddy on Christmas eve of 1936.

In 1912 there were no special tests for multiple births so you can imagine my surprise when along came your Mother, Claudia, and thirteen minutes later Clifford arrived. Your Grandfather and I were as unprepared as two little babes lost in the woods. In the first place, we'd got out of the habit of infants in the household, what with your Uncle Paul now twelve and your Aunt Hazel nine, but the twins turned out to be as much fun as they were work and from that time forth both your Grandfather and I decided that so long as we should live there should always be small children in our house. That's why Grandchildren are so important to us and why your Grandfather is so delighted over the prospect of the Great Grandchild you are bringing us. And speaking of 'delight,' here is a dessert to delight the palate of "any and all"! I call it "No Peekie" because once the recipe has been concocted and put on the fire to cook, you must NOT peek until the dessert is DONE.

"This is what I call an 'exquisite dessert.' Melts in your mouth."

"NO PEEKIE"
(5–6 servings)

4 egg whites
⅛ teaspoon salt

¼ cup sugar
¼ cup orange marmalade or any jam desired
Beat egg whites with salt until stiff. Add sugar gradually and beat until very stiff. Beat in marmalade. Turn mixture into a well-buttered double boiler. Butter inside of cover also. Cover tightly. Cook over boiling water for 45 minutes without lifting lid. Serve with custard sauce, made with the egg yolks.

Well my dear, now that there were FOUR young mouths to feed, foods such as cookies and ice cream became more and more in demand. Clifford was MAD about vanilla ice cream with chocolate sauce and the passion never left him. For years I was not able to make a chocolate Sauce which did not gum-up and get hard when poured over the ice cream. Then one day Mr. Ferguson down at the grocery store told me his wife's recipe. It's simple but it WORKS; a smooth delicious sauce that never hardens. And it will keep for several months in the refrigerator. This is it.

CHOCOLATE SAUCE
(Makes 1¼ cups sauce)

1½ cups confectioners' sugar
½ cup cocoa
¼ teaspoon salt
½ cup water
½ cup milk
2 teaspoons vanilla
Sift together sugar, cocoa and salt. Gradually add water and milk, mixing until smooth. Cook over boiling water for 25 minutes, stirring frequently until thickened. Cool and add vanilla. Sauce will keep several months in covered container in refrigerator.

A good cook makes a happy husband and you are well started on the road to a long happy life with Ross. Feed him good; Listen to him; don't nag and see that he gets plenty of sleep. Then he's yours for always.

It was shortly after the twins were born that your Grandfather decided he'd finally found the one and only spot in San Francisco to raise his ever increasing family . . . SEACLIFF! Well, there was an awful lot of discussion, because in those days Seacliff was still an undeveloped barren landscape and transportation was practically nil. But it WAS beautiful! Sunday after Sunday we used to drive out and stand on the cliffs looking over the Golden Gate and out onto the Pacific. Finally we selected three lots and built a house. It's the same home we live in today. I remember the summer the house was being constructed so well, because our daily visits to the NEW place interfered considerably with my usual kitchen schedules. As a result the family ate more salads for lunch and dinner than anytime before or since. And I developed three or four choice ones. For example:

"Don't overlook this one or Ross will never forgive you."

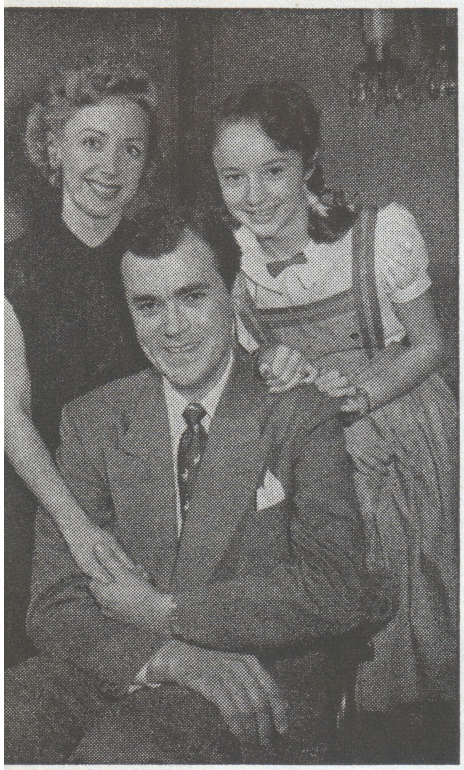
PINEAPPLE SALAD
(4–5 servings)

1 cup bite-sized chunks of pineapple
1 3-oz. package cream cheese
Use either well-drained chunk-style pineapple or sliced pineapple cut into bite-size pieces. Let cream cheese stand at room temperature until soft. Add to pineapple and stir until cheese and pineapple are thoroughly blended. Chill and serve on salad greens without any kind of salad dressing.

Then there was the Celery Root Salad, which you know is still one of your Uncle Paul and Aunt Hazel's favorites:

CELERY ROOT SALAD
(5–6 servings)

1 celery root
½ cup diced beets
½ cup thinly sliced green onions
¼ cup sharp French dressing (approximately)
Scrub and peel celery root; cut in ½-inch cubes. Cook in a small amount of boiling water until tender, about ½ hour. Cool. Add beets and onions and chill. At serving time, add French dressing and toss lightly. Serve on bed of lettuce or chicory.



Joan, I wonder if you ever realized what a fine foster father Nicholas Lacey made you. This is the only picture I have of him with your mother and sister.

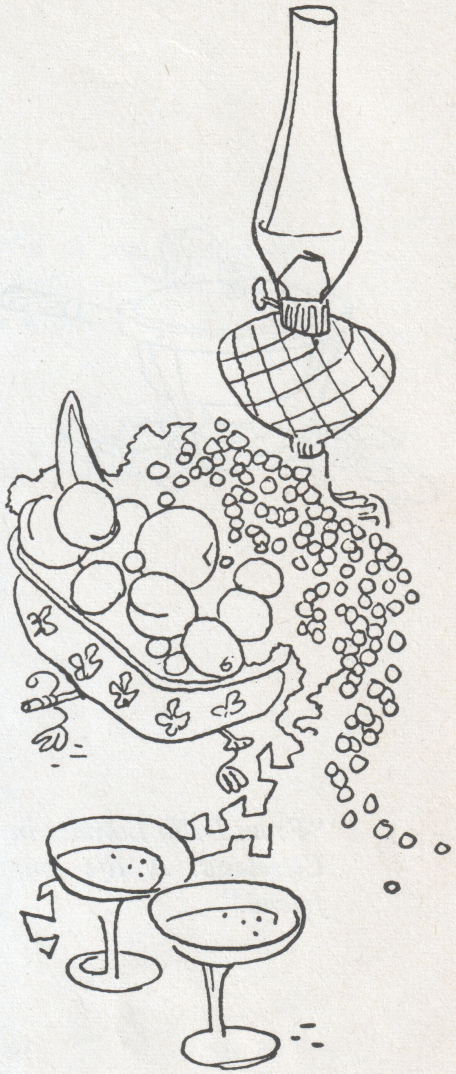
Your Great Grandmother Barbour contributed this Wilted Lettuce salad. She gave it to me shortly after your Grandfather and I were married but I'd just laid it aside until we got into this salad-making routine.

OLD-FASHIONED WILTED LETTUCE SALAD
(5–6 servings)

4 slices bacon
½ cup vinegar
2 teaspoons sugar
½ teaspoon salt
1 pound leaf lettuce
Cut bacon in small pieces, and fry until crisp. Add vinegar, sugar and salt; bring to boil and pour over lettuce, which has been washed, thoroughly dried, and broken into bite-size pieces. Toss to distribute dressing and bacon all through the salad.

As you know it was in the Seacliff house that your Uncle Jack was born in 1917, five years after Clifford and Claudia came along. We had decided that a family of four children was a nice round number and had settled down to enjoy them when out of NOWHERE came this NEW baby, knocking at our door. Your Aunt Hazel was just turning seventeen and was highly indignant. I can STILL hear her say, "Mother, what are the girls going to THINK! The Mother of a seventeen year old girl having a BABY!" On the other hand,

Paul was all in favor of it. He was in his Junior year at the University and even in those days had that wonderful quality of sensing other people's feelings. I don't know why I got onto the subject of Jack's advent into the world. I intended to give you a recipe for Date Souffle which was the first dessert I tried out on my new kitchen range in the new Seacliff home. It was a success.



DATE SOUFFLÉ
(8 servings)

4 egg whites
1 cup sugar
¼ cup sifted all-purpose flour
1 teaspoon baking powder
⅛ teaspoon salt
1 teaspoon vanilla
1 7¼-oz. package pitted dates
1 cup chopped nuts

Beat egg whites until stiff but not dry. Sift sugar, flour, baking powder and salt together and beat into egg whites. Add vanilla. Cut dates in small pieces. Combine with nuts and fold into egg mixture. Turn into a greased 8-inch square pan. Bake at 300°F. (slow oven) about 50 minutes. Cut in squares and serve warm, topped with sweetened and flavored whipped cream or chilled soft custard.

As I mentioned before, there always was a demand for cookies and cakes and pies—a demand that was stepped-up considerably when Jack got old enough to eat them. I really don't need to mention that when your Uncle Jack finally ARRIVED he fitted into the family like the little finger on your hand; he just BELONGED. Everyone loved him and it's surprising to me that he wasn't completely spoiled. My GOODNESS how he loved my Sour Cream Cookies when he grew a little older.

SOUR CREAM COOKIES
(Makes about 5 dozen)

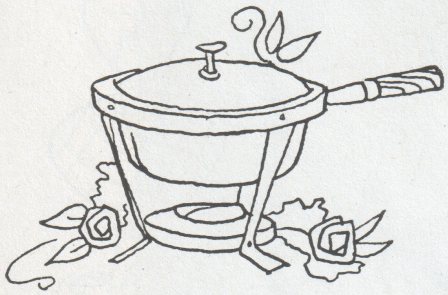
2 cups sifted cake flour
½ teaspoon nutmeg
¼ teaspoon baking soda
2 teaspoons baking powder
½ cup butter or margarine
1 cup firmly packed brown sugar
1 egg
1 teaspoon grated orange rind
1 cup chopped nuts
½ cup sour cream or 1 tablespoon vinegar and sweet cream to make ½ cup

Sift first four ingredients together. Cream butter or margarine with brown sugar. Add egg and beat until

"Sour Cream recipes are my special hobby. I tried to be discreet in this list."

Sour Cream Cookies, Continued

fluffy. Stir in orange rind and nuts. Add sifted dry ingredients alternately with sour cream. Drop by teaspoonfuls 1 inch apart on greased baking sheet. Bake at 400°F. (hot oven) 12 to 15 minutes.



Those Sour Cream cookies and Butterscotch squares, which I'll tell you about in a minute were some of the goodies I always sent to Jack later in 1943–44–45 when he was called into the Armed Services and sent to the Pacific. I also sent them in our boxes to Paul in the first world war when he was flying in France. That was in 1917–18. Actually, now that I think about it, Paul left the University to enlist in the AEF the same year that Jack was born. I'd forgotten that until just this moment. Anyway here are the Butterscotch Squares.

"From Della Latimer in Cleveland. A life long friend."

BUTTERSCOTCH SQUARES

(Makes 16 2-inch squares)

¾ cup sifted cake flour
1 teaspoon baking powder
¼ cup butter or margarine
1 cup firmly packed brown sugar
1 egg
½ teaspoon vanilla
¾ cup chopped walnuts

Sift flour and baking powder together. Combine butter or margarine and brown sugar in a large saucepan. Heat slowly until sugar is melted. Set aside to cool. When thoroughly cooled, add the egg and vanilla and stir until creamy. Gradually stir in flour mixture. Stir in nuts. Turn into well-greased 8-inch square pan. Bake at 350°F. (moderate oven) about 25 minutes or until nicely browned. Cool in pan. Cut in squares to serve.

You always liked my light cheerful kitchen and even when it was new it was a gathering place for everyone, especially on holidays and week-ends, just as now. I could never make a pie or cake without SOMEBODY being in on the act. One of the things I have always enjoyed making and which all children like to watch their mothers make is Prune Ring. This looks like a rather complicated recipe but it really is simple. First there's the basic bread dough which is almost fool proof. My dear Joan, let me warn you, ALWAYS follow directions EXPLICITLY. That's the key to any good cooking. Being haphazard is wasteful and disastrous. After you've got your dough, the Prune Ring is simple.

FRUIT BREAD

(Makes 1 ring)

Basic Refrigerator Dough:
½ cup milk

Fruit Bread, Continued

¼ cup shortening
¼ cup sugar
1 teaspoon salt
1 cake compressed yeast or 1 package dry granular yeast
¼ cup lukewarm water
2 eggs, well beaten
3½ cups sifted cake flour

Scald milk and add shortening, sugar and salt. Cool to lukewarm in mixing bowl. Soften yeast in lukewarm water and add to milk mixture. Stir in eggs. Gradually add flour and mix thoroughly. Turn into a lightly-greased bowl, cover, and let rise in a warm place (80°–90°F.) until double in bulk. Stir dough down, turn over in bowl, grease top lightly and cover with a slightly dampened towel and waxed paper and chill in refrigerator until needed. Dough must be thoroughly chilled in order to handle.

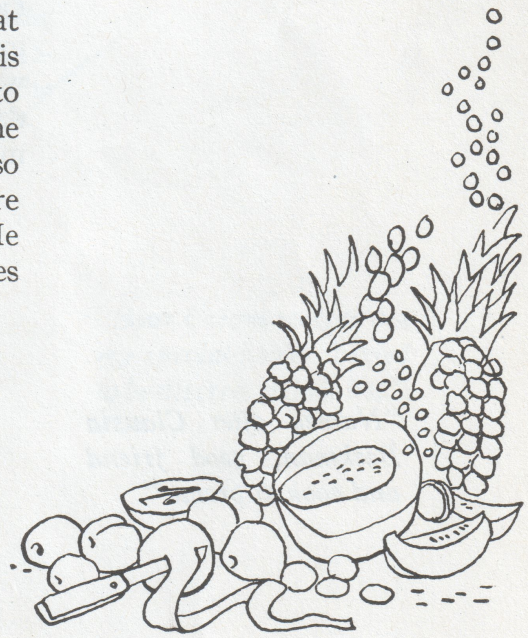
Prune Ring:

1 recipe basic refrigerator dough
1 cup cooked, sweetened, chopped prunes

Roll chilled dough into a rectangle about 12x16 inches. Spread with chopped prunes. Roll long way of dough as for a jelly roll. Place in a deep, greased 9-inch ring mold. Pinch ends together to form a ring. Slash top of ring with deep crosswise gashes every 2 inches. Cover with a towel and let rise until double in bulk. Bake at 400°F. (hot oven) for 25 to 30 minutes.

"Not as complicated as it looks and well worth the effort."

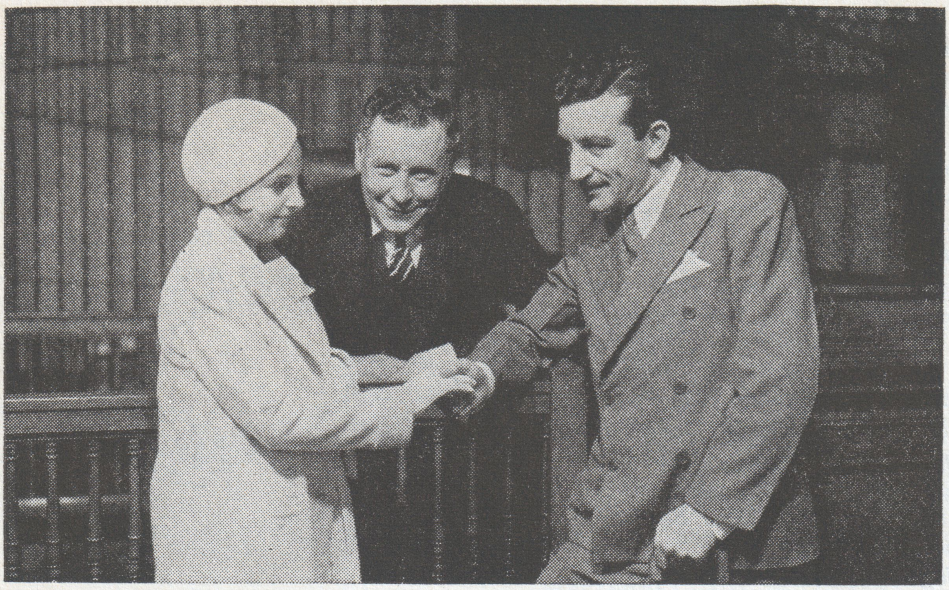
You know the story, Joan, of how Paul was shot down in France and for many years thereafter walked with a cane. His poor leg still shows deep, ugly scars. But that wasn't the only hurt Paul got in the war; he found a young American Army nurse working in a hospital near his flying base in France and they fell in love. Her name was Elaine Hunter. They were secretly married in France and it was only two weeks after that that Paul was shot down. During that same week meningitis plague swept the hospital and poor Elaine, worked to exhaustion, came down with it and died. That was the REAL scar Paul brought home with him. He was so thin when he came home, poor boy, it was a pleasure to feed him up. You can do the same with Ross. He needs feeding up badly. Try one of the following recipes on him and see what happens:



VIRGINIA CHICKEN PUDDING

(6 servings)

⅓ cup flour
1 teaspoon salt
¼ teaspoon pepper
1 3-lb. frying chicken, cut in individual serving pieces
3 tablespoons fat
1½ cups sifted all-purpose flour
1½ teaspoons baking powder
1 teaspoon salt



Paul and Teddy and the Judge on the day of the adoption in 1933.

Virginia Chicken Pudding, Continued

4 eggs, well beaten
1½ cups milk
3 tablespoons melted butter or margarine
Black pepper

Mix ⅓ cup of flour, 1 teaspoon of salt and the pepper together. Roll the chicken in the flour until thoroughly coated. Brown chicken in the fat in a heavy frying pan. Meanwhile, sift together flour, baking powder and salt. Beat eggs, milk and butter or margarine together. Add to dry ingredients and beat with the egg beater until smooth. Turn batter into a well-greased 4-quart casserole. When chicken is browned place it in the batter so that batter partially covers chicken. Sprinkle lightly with pepper. Bake at 375°F. (moderate oven) 1 hour. Serve with giblet gravy.

Or try this one some day when you've saved up a few extra pennies. I know steak is expensive but if you watch some of your other meals carefully for a few days you can work it in once in awhile. And this will make a man fall in love all over again.

"Named after Clausia Beekman, good friend and cook supreme!"

STEAK A LA BEEKMAN
(4 servings)

1 lb. round steak, 1½ inches thick
2 tablespoons hot fat
½ teaspoon salt
⅛ teaspoon pepper
1 large onion, sliced thin
2 tablespoons butter or margarine
4 green pepper rings
1 large tomato, sliced ¼ inch thick
1 cup sliced mushrooms (optional)
1 can Spanish style tomato sauce
6 lemon slices, ⅛ inch thick
12 whole cloves
3 slices bacon, cut in half
12 peppercorns

Brown steak in both sides in hot fat. Place in a greased baking dish and sprinkle with salt and pepper. Cover with sliced onion. Dot with butter or margarine. Lay pepper rings on top; then cover with sliced tomato and mushrooms. Pour tomato sauce over all. Stud the lemon slices with whole cloves and arrange alternately with bacon over top of meat. Scatter the peppercorns over all. Bake at 350°F. (moderate oven) 1 to 1½ hours, or until vegetables and meat are tender.

Your cousin Pinky, in 1945, was determined to own a Boxer Puppy. Your Aunt Hazel was just as determined he shouldn't. Hazel won.

Or if your meat budget is low, this Meat Loaf will do the trick. It looks expensive for one meal, perhaps, but will do for at least two and maybe three meals. This is what your Aunt Hazel used to give Bill Herbert down on the dairy ranch when they were first married and were trying to make farming pay the bills. That was in the days before all the help from Washington to the farmers and it was really hard going. You remember, Hazel and William were married at the end of 1932. My goodness, I forgot to mention your OWN Mother and Father's marriage earlier the same year. It's hard for me to think of them as YOUR Parents, Joan darling, they were such children themselves. I AM sorry your father never lived for you to know him because he was the most maddeningly handsome, the most devil-may-care, the most aristocratic looking young man I ever knew. You get your own good looks as much from him as from Claudia. I'm sure if he were living today, he would be as happy about you as we all are—the way you've settled down to be a good wife, looking forward to motherhood so calmly and graciously. But what in the world; I was going to give you a recipe for MEAT LOAF. Well here it is:

SAGE MEAT LOAF

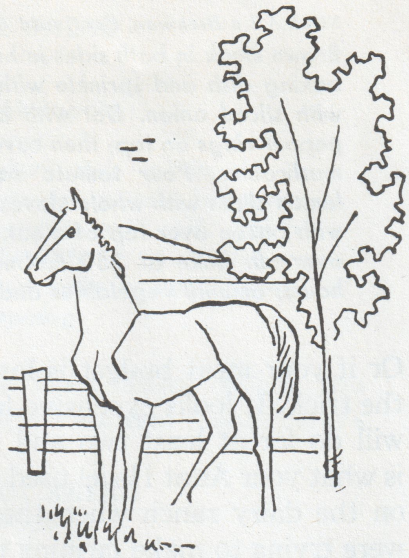
(6 servings)

4 slices dry bread or 2 French hard rolls
2 cups water
½ cup diced onion
2 tablespoons butter or margarine
¾ lb. ground beef
¾ lb. ground veal
½ teaspoon salt
¼ teaspoon pepper
¾ teaspoon powdered sage
1 8-oz. can Spanish style tomato sauce

Break bread or rolls into pieces and soak in water for ½ hour. Lift bread from water and press out as much water as possible with the hands. Meanwhile, brown the onion in the butter or margarine. Add bread and onion to the meat. Add seasonings and tomato sauce and mix thoroughly. Turn into a shallow baking pan and shape into a loaf. Bake at 350°F. (moderate oven) about 1 hour.

"Pinky said they used to eat this at their house until it 'Run out of their ears.'"

Remember when this was taken in 1939 down at the Sky Ranch. Miss Joan right out there in front, your Aunt Hazel on my Left and Teddy and your Aunt Betty on my right.



Speaking of your father, Johnny Roberts, there was ONE way I could always calm him down at the dinner table and that was to put before him my Chicken and Ham with Noodles dish. Try it on Ross sometime when he is a little bit out of hand . . . Give him a "Sloppy-Hoppy" salad with it and then a piece of Sour Cream Pie and if in the end he doesn't get down on his knees to you, it'll be because you didn't follow my recipes EXACTLY. Here are the three recipes. First the Chicken and Ham with Noodles:

"Your father ate this dish at the last meal he ever ate in my home."

CHICKEN AND HAM WITH NOODLES

(6–8 servings)

1 7-oz. package broad noodles
¼ cup butter or margarine
¼ cup flour
3 cups chicken stock or canned chicken bouillon
½ teaspoon salt
¼ teaspoon pepper
1 cup sliced fresh mushrooms
2 tablespoons chopped green pepper
2 tablespoons chopped pimiento
1½ cups diced cooked chicken
1½ cups diced cooked ham
½ cup soft bread crumbs
½ cup grated American cheese

Cook the noodles in boiling salted water according to directions on the package. Drain when tender. Melt butter or margarine in a large saucepan and blend in flour. Gradually add chicken stock, stirring constantly until the mixture thickens. Add salt, pepper, mushrooms, green pepper and pimiento. Simmer 2 to 3 minutes.

Chicken and Ham with Noodles, Continued

Add chicken, ham and noodles. Pour into a buttered 8x12x1½-inch baking dish. Combine bread crumbs and cheese and sprinkle over the top. Bake at 350°F. (moderate oven) about 30 minutes or until crumbs are brown and cheese bubbles.

The "Sloppy-Hoppy" Salad is a family joke that began when Mrs. Kettleman came to work for us. Her thick Dutch accent, despite the fact she's been in this country for thirty years, colors everything. One day I said, "I think we'll have a Combination Vegetable salad tonight." She wanted to know how I made it and I said, "Oh, actually in a rather Slap-Happy fashion." "Oh," she said, "A Sloppy-Hoppy Salad!" And that's what it's been ever since to the family. But don't let the name fool you. It is fresh and crisp with a fragrance of the garden.

SLOPPY-HOPPY SALAD

(6–8 servings)

2 cups finely chopped lettuce
6 green onions, finely chopped
1 medium green pepper, finely chopped
½ cup finely chopped celery
½ cup finely chopped radishes
½ cup finely chopped cucumber
1 small tomato, finely chopped
⅓ cup tart mayonnaise
½ teaspoon salt
⅛ teaspoon black pepper
¼ teaspoon monosodium glutamate

Combine vegetables and chill at least one hour. Add mayonnaise and seasonings just before serving.

Miss Joan Roberts and Master Pinky Herbert dressed for St. Patricks Day in 1936. You were a sweet little girl Joan.

And now for the Sour Cream Pie. This is the pie with which Jack wooed Betty Carter all through high school. I had to make a Sour Cream Pie once a week and Jack lugged it over to Betty's house. Not that Betty was such a pie eater, but her father was. He made a deal with Jack that he would not interfere with Jack's interest in Betty so long as he got one of my pies each week. This went on until Jack and Betty went down to Stanford to college.

SOUR CREAM PIE

(Makes 1 8-inch pie)

3 egg yolks
¾ cup sugar
1 cup thick sour cream
1½ teaspoons cinnamon
⅛ teaspoon salt
1 cup seedless raisins

"What did I tell you about sour cream!"

1 baked 8-inch pie shell
2 egg whites
2 tablespoons confectioners' sugar

Beat egg yolks, sugar, sour cream, cinnamon and salt together. Stir in raisins. Cook in a double boiler until thick (about 20 minutes), stirring constantly. Pour into pie shell. Cool. About an hour before serving, beat egg whites stiff but not dry. Add confectioners' sugar gradually and continue beating until meringue is stiff enough to stand in peaks. Spread on cool pie. Place under broiler, about 4 inches below heat, and brown. Cool thoroughly before serving.

This Mousseline Sauce, your Aunt Hazel got in the hospital from the woman in the same room with her when Hank and Pinky were born. You know there was an awful hassel over the twins' names when Clifford took one look at them and named the red-headed one Pinky, and the other one Hank! Hazel cried and Bill went back to the Dairy Ranch mad at everybody. Of course their right names are Henry Barbour Herbert and William Martin Herbert, but in spite of everything, Hank and Pinky stuck. Now Hazel uses the nicknames the same as everyone else. But about that Mousseline Sauce:

"Something like Hollandaise. Won't curdle when warmed over."

MOUSSELINE SAUCE
(Makes approximately ½ cup)

1 egg yolk
⅓ cup heavy cream
1 tablespoon lemon juice
2 tablespoons butter

Beat egg yolk in top of small double boiler. Add cream and mix thoroughly. Place over boiling water and cook, stirring constantly, until sauce thickens like a thin custard, about 7 minutes. Remove from heat and mix in lemon juice and butter, ⅓ of each at a time. Keep warm over hot water (not boiling) until ready to serve. Sauce resembles Hollandaise. Excellent with summer squashes, asparagus and broccoli.

Didn't your mother, Claudia, look lovely at the wedding. To think of her as the 'Mother of the Bride' and now a prospective GRANDMOTHER, I just can't believe it.

Well, my dear, by the time you came along in 1933 your father had died in the Orient and Claudia had come home to us. But strangely enough, you were not born at the Barbour house. Claudia was down the peninsula visiting Johnny's mother and father when the Stork arrived. I remember so well; it was a bitterly stormy night and Dr. Thompson had one awful time getting down to Claudia. That same night just after you came into the world, your Grandmother Roberts had another of her heart attacks and died less than five minutes after you were placed in her arms. And that's where your great wealth came from. I never DID know ex-

This picture is so meaningful as it was taken just one week before Clifford's Wife, Irene, was killed in the automobile accident. You hardly knew her. Clifford has one arm about her and the other about you, Joan. Taken in 1946.

actly how much she left you but it was rumored to be in the neighborhood of four hundred thousand dollars. I think you are so wise to just let it lie and to live off Ross's salary as he wants you to. You both will be happier not having your lives involved with a clutter of money at this stage. Now, let me see, I had some recipe in mind—oh yes, here are a couple of sauces that will come in handy. One for meats and the other for vegetables. First the Horseradish Sauce.

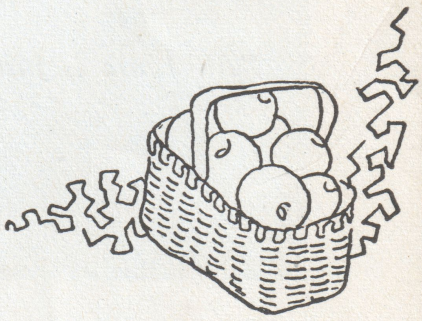
HORSERADISH SAUCE

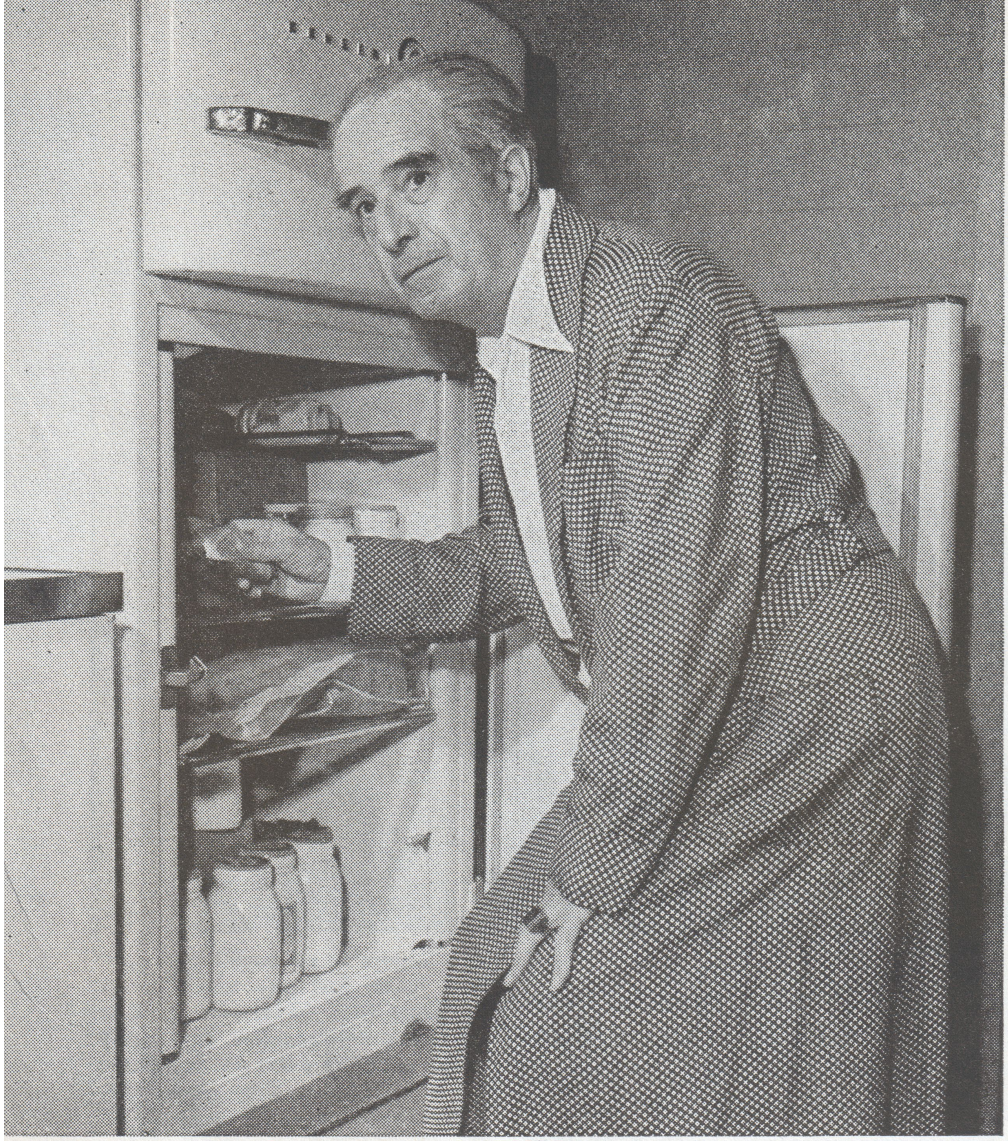
(Makes approximately 1 cup)

½ cup heavy cream
¼ cup horseradish, drained
Whip cream as stiff as possible. Fold in drained horseradish. Serve as a sauce with ham, boiled beef, tongue.

"Excellent with Roast meats."

While your Mother, Claudia, and your Aunt Hazel were having grandchildren for your Grandfather and me, your Uncle Paul had become interested in a lovely widow named Beth Holly. We thought for years they were going to marry. Beth was as much a part of the family as an actual daughter-in-law. But in the end they DIDN'T marry and bit by bit they drifted apart. I mention Beth because she is the only girl Paul came





Uh-huh, so THIS is where my 'left-overs' have been disappearing. Your Grandfather was miffed and sputtered for a week when Jack caught him and took this.

near marrying in all the years since Elaine's death. We still have ONE thing which reminds us of Beth. When they were seeing a lot of each other she often had Paul at her apartment for Sunday morning breakfast and she always gave him Sour Milk Bread Pancakes or Eggs Robespierre. Paul liked them so much he got her to give me the recipes. First the Pancakes:

"All I ask is just try them!"

BUTTERMILK BREAD PAN CAKES

(Makes 24 3-inch pan cakes)

1 egg
2¼ cups buttermilk
¾ cup fine dry bread crumbs
¾ cup sifted all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
1 tablespoon sugar
¼ cup melted shortening

Beat egg, mix with buttermilk, stir in bread crumbs and let stand. Sift flour with soda, salt and sugar. Add flour to buttermilk mixture and beat until smooth. Stir in

Buttermilk Bread Pan Cakes, Continued

melted shortening. Bake on lightly greased griddle, turning once only.

My goodness, I forgot all about Paul's adoption of Teddy. Don't worry, I'll come back to the Eggs Robespierre, but it just occurred to me that Paul found Teddy the same year you were born, and in one way it was Teddy who was responsible for the separation of Paul and Beth. She was an enchanting little girl and Beth refused to go into competition with a seven-year-old, so that was that! And now—the eggs recipe:

"Just suits Paul's gourmet palate."

EGGS ROBESPIERRE
(4 servings)

4 large cream puffs
2 cups hot creamed chicken and mushrooms
4 poached eggs
½ cup Hollandaise sauce

Cut tops from cream puffs. Fill bottom parts of cream puff shells with creamed chicken and mushrooms. Meanwhile, poach four eggs. Place one on each serving. Replace tops of cream puffs and spoon two tablespoons of Hollandaise sauce over each puff just before serving.

And you again, Joan, with your Grandfather when you were eight years old. A before dinner nap.

In 1937 Clifford married Ann Waite. The day that your Grandfather rented your Mother's and Johnny's honeymoon house to Professor Waite and Ann, was the most tragic day in the history of the Barbour family. The Professor was head of the Music Department at the University and Ann was a child piano prodigy and had grown up into a young woman who knew nothing . . . NOTHING AT ALL but her piano and her music. And Clifford had to fall in love with her! I WILL say THIS for Professor Waite . . . he had one good recipe which I'll give you in just a minute, but beyond that he was a narrow, arrogant, dictatorial man who had made an automaton out of Ann and had nipped all her normal feminine instincts before they even budded. But as I say he did have one delicious recipe which he sent to me one day with his compliments. He called it Remoulade Eggs.

"Excellent Special Luncheon Dish."

REMOULADE EGGS
(6 servings)

6 lettuce leaves
6 slices buttered white or rye bread
6 slices boiled tongue or ham
6 slices peeled tomato
6 cold hard-poached eggs

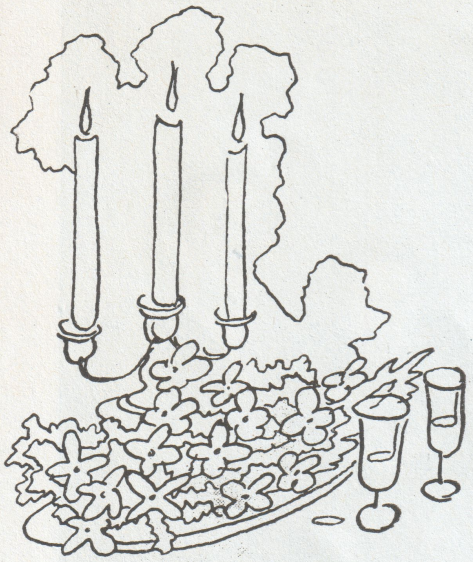
Remoulade Dressing:

You look so sweet and Ross looks so stiff and proud and scared. How bridegrooms DO suffer.

Your wedding party. I'm so glad you were married in our home. Mrs. Farnsworth looks as though she highly disapproved of the whole thing. And she DID TOO.

¾ cup mayonnaise
¼ teaspoon dry mustard
1 tablespoon finely chopped parsley
1 teaspoon finely chopped onion

Place lettuce leaves on individual salad plates. On lettuce place rounds cut from buttered white or rye bread with crusts removed. On bread place boiled tongue or ham, then slice of tomato, then cold poached egg. Pour over all a generous amount of dressing made by combining ingredients for dressing.



When your Uncle Clifford married Ann and she was suddenly brought out of her childish dream world and face to face with physical and human love, she was confused and terrified. She called Clifford a clod, and a beast. Naturally their marriage lasted exactly long enough for Ann to pack her clothes and rush back across the bay to Berkeley where her father had taken a house after the marriage. That was the last time Clifford ever saw Ann alive. Unbeknown to him she was going to have a baby, but Ann died and the baby was born before he was aware of either event. Ann did not die of childbirth as so many people think. It was a normal and easy time for her according to her doctor, but she made a desperate attempt to get out of the hospital and run back to her father's house the same day the baby was born and that is what brought about her death. What a story to be putting down in a book of recipes, but the history of the family is so tied up in all my sewing and cooking and housekeeping, I can't think of recipes without recalling some family incident. I was thinking about your Great Grandmother Martin's shrimp salad and how much Clifford loved it. That's what got me started on Clifford and Ann. Anyway this is an excellent salad:

The Barbour Clan is the most unmusical family in America, but how we used to love to TRY to sing. Those were such happy days. Taken in 1940.

GRANDMA'S SHRIMP SALAD
(5–6 servings)

1 tall can shrimp
2 cups finely shredded firm cabbage
½ cup mayonnaise
¼ teaspoon salt
⅛ teaspoon pepper
2 tablespoons lemon juice
Pimiento or stuffed olives

Clean shrimp and chop coarsely. Add to cabbage and mix well. Cover and chill. Just before serving, blend in mayonnaise, seasonings and lemon juice. Serve in lettuce cups. Garnish with strips of pimiento or sliced stuffed olives.

Your cousin, Andy, Clifford and Ann's boy. What a fine youngster!

Well after Ann died Professor Waite did not want the baby so your Grandfather and I went to the hospital and got him. He was a beautiful boy, but Clifford was so wrought up over Ann he could not bear the sight of the child. It was almost a year before we finally got him to take an interest. Even THEN he didn't give him a name, just called him Skip or Skipper until the boy was almost eight years old. Then the little boy and his father got together and decided on Andrew after his mother Ann. Now he's called Andy. Andy is my prize Cheese Waffle and Drop Cookie fan. He's such an industrious little fellow. He's fourteen now and going to a boarding school down near Mountain View and working in Mr. Smither's drugstore. Every once in a while I send him a box of his favorite Drop Cookies.

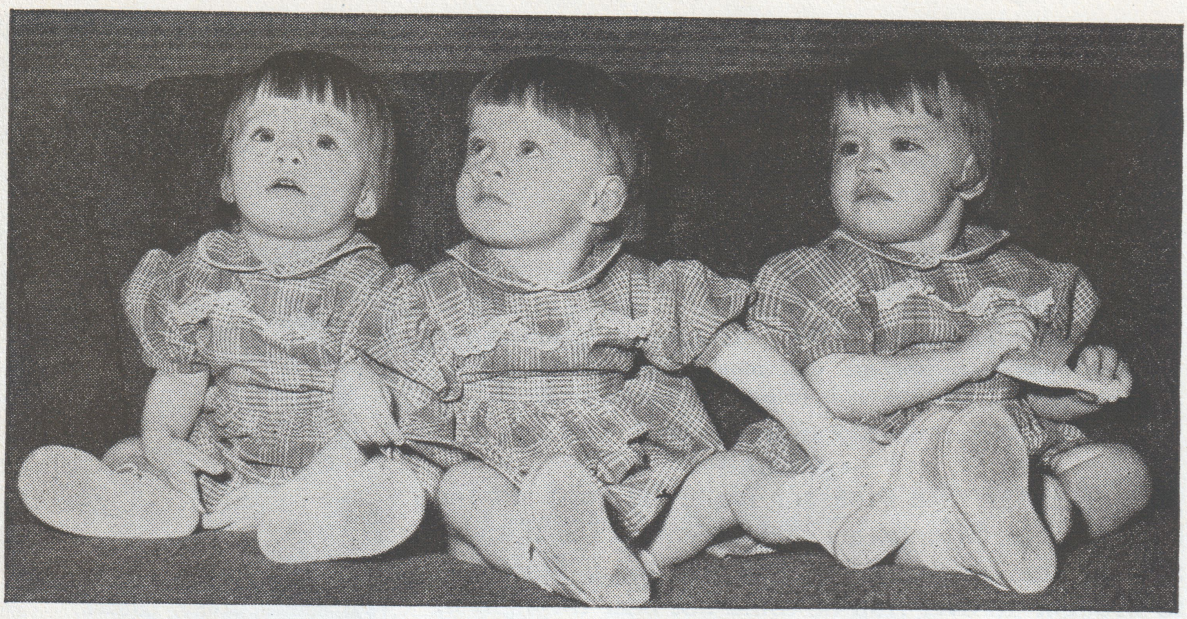
DROP COOKIES (ROCKS)
(Makes about 5 dozen cookies)

2 cups sifted all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
¼ teaspoon nutmeg
1 teaspoon cinnamon
½ cup butter or margarine
½ cup firmly packed brown sugar
½ cup granulated sugar
2 eggs
2 cups raisins
1 cup broken nut meats

Sift flour with baking powder, salt and spices. Cream butter or margarine until soft and smooth; add sugars gradually, creaming until well blended. Add eggs one at a time, beating well. Gradually stir in flour mixture. Add raisins and nut meats and mix to distribute well. Drop by teaspoonfuls onto greased baking sheet and bake at 375°F. (moderate oven) for 12 to 15 minutes.

"Man or Boy—Who doesn't like Cookies?"

Whenever Andy comes up for a week-end to stay with his Grandfather and me, I usually try to invite Margaret and Jack's three eldest daughters, Elizabeth



Abbie, Debbie and Connie, Jack and Betty's Triplets, who are now four years old, and this is the last picture, taken two years ago. I'm going to get a photographer out here on my own and keep the family scrapbook up to scratch, if no one else will.

Sharon Ann, Janie, and Mary Lou and your little sister, Penny, over for Sunday morning breakfast and we have a cheese waffle celebration. You used to like them too, Joan, as I remember.

"Another way to make Sunday breakfast new and interesting."

CHEESE WAFFLES

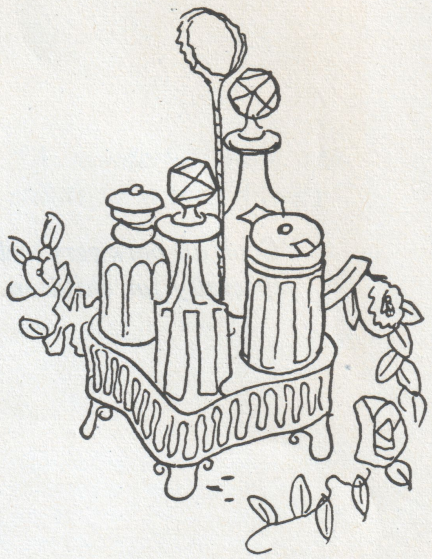
(Makes 2 9-inch square waffles)

2 cups sifted all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
2 egg yolks
1 ¼ cups milk
6 tablespoons melted shortening
1 cup grated American cheese
2 egg whites

Sift flour with baking powder and salt. Beat egg yolks until thick and combine with milk and shortening. Add to flour mixture and stir until smooth. Mix in grated cheese and fold in stiffly beaten egg whites. Bake in heated waffle iron.

Goodness I really got ahead of myself talking about Penelope and Jack's three elder daughters. Let's see, your Mother married Captain Nicholas Lacey in 1935—and how we all loved dear Nicky. Penny was born in 1938, the year after Andy. Then Jack's children were born as I remember as follows: Elizabeth Sharon Ann in 1942, Janie in 1943, and Mary Lou in 1944. You remember your Mother, Claudia, gave the honeymoon house, across the hedge from the family home, to Jack and Betty as a wedding present. That was after Ann died and Clifford came back home to live. My what a struggle Jack and Betty have had maintaining it. After college Jack went into Judge Hunter's law office and

the children began to come. Both Jack and Betty were "Poor but Proud" and would accept no help from your grandfather whatsoever. This leads me to say that while Jack loved meat, he and Betty learned how to make out with some of the cheaper cuts and I gave Betty three recipes which YOU may find helpful. The first one is Barbecued Spareribs.



BARBECUED SPARERIBS
(6–8 servings)

4 lbs. spareribs
1 teaspoon salt
¼ teaspoon pepper
1 lemon, thinly sliced
⅓ cup chopped onion
1 teaspoon chili powder
2 teaspoons celery seed
⅓ cup firmly packed brown sugar
⅓ cup vinegar
¼ cup Worcestershire sauce
1 cup catsup
2 cups water

Cut spareribs into serving pieces and place in shallow baking pan. Sprinkle with salt and pepper. Place lemon slices and onion over meat. Bake at 450°F. (hot oven) for 45 minutes. Combine remaining ingredients in saucepan and cook until mixture boils. Pour over meat. Reduce oven temperature to 350°F. (moderate oven) and bake for 1 to 1½ hours, basting occasionally with sauce from pan.

Another one of Betty's money saving meat dishes was Braised Short Ribs. This is a dish the whole family can dig into and eat of heartily without digging too deep into the pocket book.

Margaret swears that her boy-friend, Marvin, lives on poetry! Who knows? Maybe she has found the one male in captivity who doesn't love to eat!

BRAISED SHORT RIBS OF BEEF
(6 servings)

3 lbs. short ribs
¼ cup flour
1 teaspoon salt
½ teaspoon pepper
2 tablespoons hot fat
½ cup diced onion
½ teaspoon Rosemary
½ cup catsup
1 cup water

Dredge meat in flour which has been seasoned with salt and pepper. Brown in hot fat. Pour off drippings. Place meat in roasting pan or baking dish with tight fitting cover. Combine remaining ingredients and pour over meat. Cover and bake at 300°F. (slow oven) about 2 hours or until meat is tender.

Here's a pork chop dish which glorifies the pig in a highly satisfactory manner. If cooked very well it's

even a satisfactory dish for children. At least Betty and Jack's three eldest like it.

BAKED PORK CHOPS
(6 servings)

6 thick center cut pork chops
2 cans condensed mushroom soup
Trim fat from chops and brown quickly in frying pan. Transfer to shallow baking dish and pour undiluted mushroom soup over them. Chops should be well covered with soup. Bake at 325°F. (slow oven) for 45 minutes or until chops are very tender, adding more soup if necessary during cooking. Serve with baked potatoes. The mushroom soup makes delicious gravy.

"Cook all pork very well, especially for children."

When Jack and Betty's triplets, Abbie, Debby and Connie arrived, Betty really went into her "Stretcher Recipes." The triplets came as a New Year's present. Abigail being born ten minutes before midnight, 1948; Deborah right on the stroke of midnight and Constance twelve minutes into the New Year of 1949. What a time Jack and Betty had with their "six beautiful daughters" as Jack always insists on calling them. And here's one of Betty's "Stretcher" recipes.

BETTY'S STRETCHER DISH
(4–6 servings)

1½ cups elbow macaroni
1 medium onion, sliced thin
2 tablespoons butter or margarine
½ lb. ground beef
½ teaspoon salt
½ teaspoon black pepper
Few dashes soy sauce
Cook macaroni until tender (about 15 minutes) in 3 quarts boiling salted water. Drain in colander. Meanwhile, cook onion in butter or margarine until soft. Add meat and cook until brown and crumbly. Add seasonings. Then add hot drained macaroni and keep turning with a spatula until thoroughly blended. Serve with catsup.

Betty on the day Jack left for the Pacific in 1944 as a Lieutenant in the Field Artillery.

But there I go getting ahead of myself again. The triplets came after Jack's three years in the Armed Service and what a time Betty had with the three older girls, while Jack was away. That's when she really became a good cook "preparing herself for Jack's return" as she put it, and also giving herself something to keep her mind off Jack's absence. One of her neighbors, Ruthie Ware, gave her one of her prize recipes: Meat Balls with sour cream. She always serves them when your Grandfather and I come through the hedge for dinner.

Jack snapped this one in the midst of a cooking lesson. I never did know how Ross and your grandfather got in on the act. That is lemon-ade in your grandfather's hand, by the way.

MEAT BALLS WITH SOUR CREAM

(Makes 30 small meat balls)

4 slices white bread
1 lb. ground beef
1 medium onion, finely minced
1 tablespoon butter or margarine
1 ¼ teaspoons salt
⅛ teaspoon black pepper
2 tablespoons chopped parsley
Fine dry bread crumbs
3 tablespoons shortening
1 cup sour cream

Cut off crusts of bread; soak bread in water until saturated, then squeeze dry and add to the ground beef. Add onion which has been cooked in butter or margarine until soft and yellow. Add seasonings and parsley. Shape into meat balls about the size of golf balls. Roll in bread crumbs and brown on all sides in shortening. Place meat balls in top of double boiler and pour sour cream over them. Cook over boiling water for 30 minutes.

"There's that sour cream again, but you won't be sorry."

Here I am telling you about what happened in 1949 and I haven't said a word about Bill Herbert dying and and leaving your Aunt Hazel a widow back in 1940 when you, Hank and Pinky were still such little folk. I haven't mentioned that Margaret was born in 1936.

Hazel did a wonderful job with Hank and Pinky and Margaret without a father. Then in 1945 she married Daniel Murray. What a blessing he was; not only for Hazel, but for the three children. In his honor I'm giving two of his favorite recipes. The first is Baked Ham Slices.

"There is nothing more toothsome than a good piece of ham!"

BAKED HAM SLICES
(4–6 servings)

1 center cut ham slice, 1 inch thick
4 cups sliced raw potatoes
1 cup sliced onion
2 pimientoes, cut fine
Salt and Pepper
3 tablespoons butter or margarine
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1½ cups milk
Paprika

Cut ham into four or five pieces and place in a 2-quart casserole. Arrange potatoes, onions and pieces of pimiento in alternate layers on top of ham. Sprinkle each layer with salt and pepper. Blend melted butter or margarine, salt and pepper together. Add milk gradually and cook over low heat, stirring constantly until thickened. Pour over potatoes. Sprinkle with paprika. Cover casserole and bake at 350°F. (moderate oven) for 45 minutes. Uncover and bake about 45 minutes longer, or until browned on top and potatoes are tender.

Dan's favorite of all hot breads is called Pan Bread. I don't know where Hazel got the recipe but it's certainly wonderfully tasty and very digestible.

PAN BREAD
(Makes 12–16 pieces)

1½ cups sifted all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
3 tablespoons shortening
2 tablespoons sugar
1 egg
⅔ cup milk

Sift flour with baking powder and salt. Cream shortening with sugar until light and fluffy. Add egg and beat well. Add milk all at once and blend thoroughly. Add flour mixture and stir only enough to moisten. Do not beat. Turn batter into greased 8-inch square pan, spreading out to edges. Bake at 425°F. (hot oven) about 18 to 20 minutes, or until golden brown. *Remove hot bread from pan; separate into pieces with fork.*

Hank and Pinky and you, Joan, snapped by Clifford in 1945. You were actually peeking through the bannister at one of Clifford's girls who had come to dinner at the family home.

Now that I start thinking back over the family history

I think of Irene, Clifford's second wife. What a lovely, lovely girl she was, and I think Clifford's whole life would have been different if she hadn't been killed so tragically in that wicked automobile accident. Do you remember that Clifford married Irene Franklin in 1942 and after only four years, lost her in 1946? She wasn't a big eater but I remember two things she loved dearly. One of them was my Continental Rice Pudding and the other was the way I fixed fresh pineapple. Here's the Pudding recipe.

It's after a day in the garden like this that I give your Grandfather a really substantial meal. Maybe his Baked Cheese Surprise.

CONTINENTAL RICE PUDDING
(5–6 servings)

3 cups milk
½ cup rice
1 cup boiling water
½ teaspoon salt
1 teaspoon butter
1 egg
3 tablespoons sugar
½ teaspoon vanilla
Topping:
2 tablespoons sugar
1 teaspoon cinnamon
1 teaspoon butter

Heat milk in top of double boiler. Wash rice and cook 5 minutes in boiling water. Add rice to milk and cook until tender, about 1 hour. Add salt and butter. Remove rice from heat and stir in egg which has been slightly beaten with the sugar. Add vanilla. Pour into serving dish and add topping: Sprinkle with sugar and cinnamon mixed together and dot with butter. Let stand in warm place until topping melts to form a syrup. Serve warm.

"Every recipe book must have a rice pudding."

And here's Fresh Pineapple Irene. It's so simple, but she loved it.

FRESH PINEAPPLE IRENE
(6–8 servings)

1 ripe fresh pineapple
½ cup strained honey

Peel pineapple and carefully remove all the "eyes." Cut into quarters lengthwise and cut out center core. Cut pineapple into bite-size pieces. Chill thoroughly. Just before serving, add the honey and mix lightly.

"As successful as it is simple."

Well, the years have gone by. Poor Teddy, or perhaps I should say happy, happy Teddy. She's doing a noble work these days. When she grew up old enough to know her mind, she found that few men had the high ideals of her adopted father, Paul. So she turned to nursing and became an Army nurse. That's why she's now stationed over in Japan under Major Edith Aynes, devot-

1943, when Teddy began her nurses training and Jack was in the Pacific. Betty (extreme right) spent a great deal of time at the family home then.

ing all her love to taking care of our boys hurt in Korea. She DID try marriage once with Elwood Giddings but it just didn't work. I'm thinking about Teddy now because when she was a little girl one of her favorite tidbits was Pecan Balls, and I do want you to have this recipe. It's 'Yummy' as Teddy used to say.

"Not too many at one sitting; too rich."

PECAN BALLS
(Makes 2½ dozen cookies)

½ cup butter or margarine
2 tablespoons sugar
1 teaspoon vanilla
1 cup sifted cake flour
1 cup chopped pecans
Confectioners' sugar (about ½ cup)

Cream butter or margarine. Blend in remaining ingredients, except confectioners' sugar. Shape into balls about 1 inch in diameter. Place on lightly greased baking sheet. Bake at 375°F. (moderate oven) about 15 minutes, or until very lightly browned. Roll in confectioners' sugar while hot.

Another of Teddy's favorites was Peppermint Dessert. Recently she remembered it in a letter home and asked

for the recipe to make it for the other nurses and GI patients in Japan. Here it is:

PEPPERMINT DESSERT
(6–8 servings)

8 graham crackers, crushed fine
½ cup crushed hard peppermint candy (peppermint sticks or pinwheels)
12 marshmallows, cut small
¼ cup chopped pecans
1 teaspoon vanilla
1 cup heavy cream, whipped
Hot fudge sauce (optional)

Spread half the graham cracker crumbs in an 8-inch square pan. Fold peppermint candy, marshmallows, pecans and vanilla into whipped cream. Pour over the crumbs. Sprinkle remaining crumbs over top of the dessert. Chill for 6 to 8 hours. This dessert may also be frozen and served without thawing. Serve with hot fudge sauce, if desired.

Aaah-haa, Hazel's getting her chafing dish back from the Jack Barbours. And about time too.

And do you know I got a letter from Pinky the other day? He certainly is having a TIME as a Sailor Boy stationed at the Brooklyn Navy Yard. He was remembering about the old summer vacations at the Sky Ranch and asked if I still made that 'lovely' Sky Ranch Salad. He said his mouth waters every time he thinks about it. Well, it is a good salad though I would have thought Pinky would be dreaming about cakes and ice cream. But here's the salad:

SKY RANCH SALAD
(6–8 servings)

2 No. 2 cans kidney beans
⅔ cup French dressing
2 tablespoons chopped parsley
6 green onions, sliced thin
1 cup diced cucumber
1 cup diced celery
1 cup diced green pepper

Heat kidney beans and drain. While still warm add French dressing. Chill for several hours. Just before serving, add remaining ingredients and toss together until well blended.

"Hearty and zesty; good substitute for potato salad."

AND Hank, bless his heart, over at the University of California, is working his way through Medical School and doing so well in his studies. I don't know why he won't let his Grandfather help him a little with money, but he won't, and we're certainly just as proud of him as your Aunt Hazel is. You know he has a room where he does his own cooking when he has time. He sent over for one of my recipes and inasmuch as he liked it well enough to remember it and ask for it, maybe you'd like to try it on Ross. Here is Cream Celery with Ham:

This warms my heart. It's obvious that Ross loves you and that you are a happy girl.

CREAM CELERY WITH HAM

(4–6 servings)

2 cups celery, cut in ½-inch pieces
½ cup boiling water
½ teaspoon salt
1½ cups finely diced cooked ham
1½ cups medium white sauce (unsalted)
½ teaspoon powdered marjoram
½ teaspoon onion salt
½ cup buttered crumbs (optional)

Cook celery in boiling water to which salt has been added. Cook until tender and most of water is evaporated, about 30 minutes. Drain celery and combine with ham. Add white sauce, marjoram and onion salt and heat in double boiler, or over very low heat. Serve over hot toast or hot corn bread. Or, pour into individual ramekins and sprinkle with buttered crumbs and bake at 375°F. (moderate oven) 12 to 15 minutes or until crumbs are browned.

Now here's one of your Grandfather's favorite dishes. I go very light with his diet in the winter time but come spring when he's out in the garden going from morning until night I REALLY give him a meal. If Ross likes this then he'll be 'In' with your Grandfather forever.

BAKED CHEESE SURPRISE

(4–6 servings)

6 slices day-old bread
2 tablespoons butter or margarine
¼ lb. nippy American cheese, grated
2 eggs
1¾ cups milk
¼ teaspoon salt
Dash of pepper

Remove crusts from bread. Butter slices of bread on one side. Arrange three slices, buttered-side up in lightly greased 4½x13x1½-inch baking pan so that bread completely covers bottom of dish. Sprinkle cheese evenly over the bread. Cover with remaining slices of bread, buttered-side down. Beat eggs, milk, salt and pepper together. Pour over bread and cheese. Let stand 1 hour. Bake at 325°F. (slow oven) 45 to 50 minutes or until well puffed and browned. Serve immediately.

"The surprise comes in the eating! It's that delectable!"

My dear, this is turning out to be a gossipy old woman's chit-chat about her loved ones rather than a recipe book, I fear, but I do have a few more good cooking suggestions in front of me, and I will try to keep it down to recipes and not run off into the past. This Tomato Juice Frappe is something I am personally very fond of.

TOMATO JUICE FRAPPE
(5–6 servings)

2 cups tomato juice
2½ tablespoons lemon juice
¼ teaspoon salt
¼ teaspoon celery salt
¼ teaspoon onion powder
2 teaspoons sugar
Dash of pepper
1 drop Tabasco sauce

Turn tomato juice into bowl or pitcher. Add remaining ingredients and stir until salt and sugar are dissolved. Pour into freezing tray and freeze until mushy, stirring occasionally. Serve in glasses with a slice of lime on rim of each.

"Recommended for lunch or light dinner."

Also I've had great success with my Pressed Chicken recipe, not only with the family but when I've had women in for luncheon.

PRESSED CHICKEN
(8–10 servings)

1 3-lb. stewing chicken
2 quarts water
2 teaspoons salt
1 cup chopped celery
5 hard-cooked eggs, diced
¼ teaspoon dry mustard
1 teaspoon salt
Dash red pepper
1 tablespoon unflavored gelatin
3 tablespoons cold water

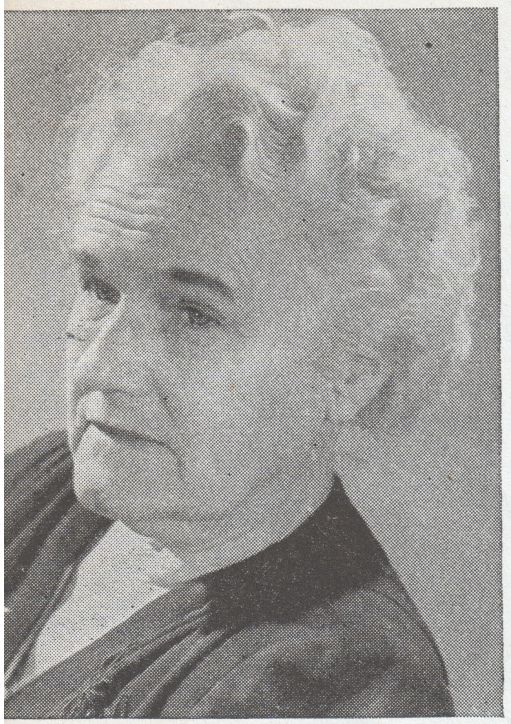
Simmer chicken in 2 quarts of water with salt added until meat falls from the bones. Remove chicken and cool. Chill chicken stock until fat may be skimmed off. Remove skin of chicken. Chop meat fine and add celery and hard-cooked eggs. Add seasonings and mix thoroughly. Meanwhile, soften gelatin in cold water and dissolve in 2 cups of the heated chicken broth. Let cool until partly congealed and add the chicken mixture. Turn into a 1½-quart mold and chill until firm. Slice and serve on crisp lettuce leaves, with or without mayonnaise.

I won't repeat what your grandfather said about this picture. It wouldn't matter really WHAT Mrs. Farnsworth LOOKED LIKE if only she would be nice to YOU. Let's hope she has a change of heart when the baby comes.

I was interrupted just now by Betty on the phone. She says she's afraid the triplets are coming down with the measles. What a life! She also said if I left my Salmon Mousse recipe out of this list to you, she'd never forgive me. How she can think of Salmon Mousse with the threat of measles-in-triplicate in the offing I don't know, but that's Betty and here is the recipe.

SALMON MOUSSE
(5–6 servings)

1 7½-oz. can red salmon
2 teaspoons unflavored gelatin



This is the way I've come through fifty-six years of married life, a great deal of which was spent in the kitchen, and I've loved it all.

Salmon Mousse, Continued

½ cup cold water
2 egg yolks
1 tablespoon sugar
2 teaspoons flour
1 teaspoon dry mustard
Dash red pepper
½ teaspoon salt
¾ cup milk
¼ cup vinegar
1 tablespoon butter or margarine
Sauce:
½ cup heavy cream, whipped
¼ teaspoon salt
2 tablespoons vinegar
¾ cup chopped cucumber

Drain and flake salmon. Soften gelatin in the cold water. Beat egg yolks, add the combined dry ingredients, and mix well. Add milk, vinegar and butter or margarine and cook over boiling water, stirring constantly, until thick and smooth. Stir in softened gelatin and the flaked salmon. Turn into a 1-quart mold and chill until firm, at least 3 hours. Serve on salad greens with a dressing made as follows: Whip cream until stiff, and gradually fold in combined salt, vinegar and cucumber.

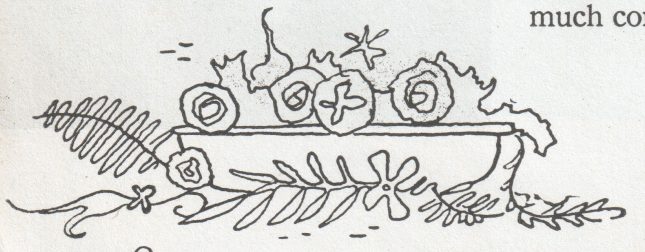
I just thought of Glazed Onions, maybe because my eyes are getting a little glazed from all this writing. However, they are delicious with meat . . . especially roast meat.

GLAZED ONIONS
(5–6 servings)

1 teaspoon salt
1 cup boiling water
2 lbs. small white onions
¼ cup butter or margarine
¼ cup sugar

Add salt to boiling water. Drop in onions and cook until tender, about 25 minutes. Drain and dry on paper towels. Melt butter in frying pan, add sugar and stir until blended. Add onions and cook until they are slightly brown and nicely glazed. Turn frequently to obtain an even glaze.

And now, my dear, I think I'd better end this list of recipes right here. I hope that some of them will become favorites in your family as they have in mine, and I know that, as the years pass, you will find many to add to this list. I like to think that sometime in the future you will be compiling such a list for YOUR grandchildren, along with your "special memories" of your fine family. May those memories bring you as much comfort and pleasure as mine do.



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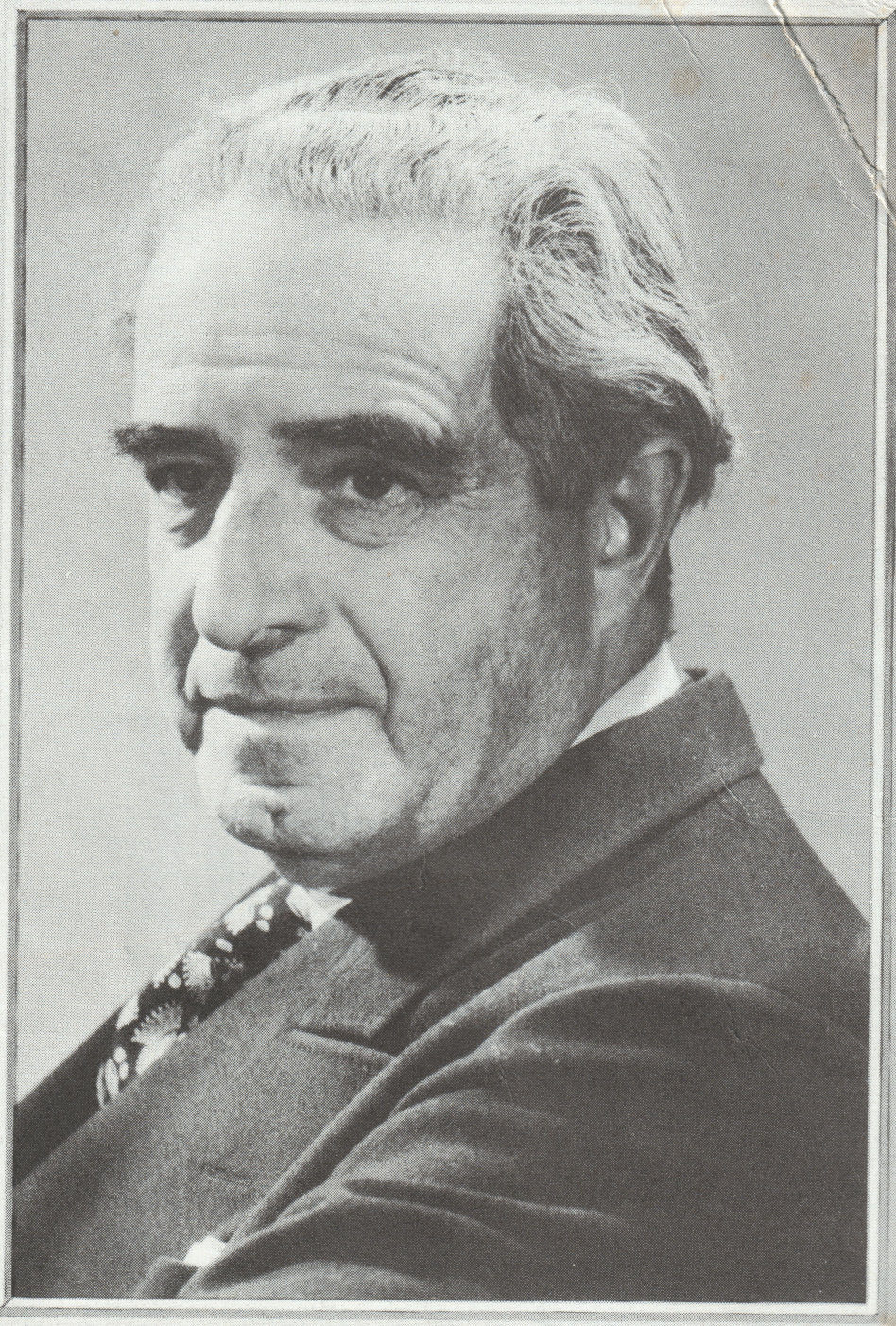

And this is the man I did it for as he is today. Henry Wilson Barbour, as fine a husband and father as a family could ever want; an ardent grandfather and an eagerly expectant Great Grandfather. May his spirit always pervade your household. It will truly be a good wholesome American Family if it does.